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In sync

• Pan American bronze medallist Eric Sehn makes his Games debut at the 10-metre platform preliminary round Friday at 12 p.m. on CTV. Another Canadian — Riley McCormick, an Olympic sophomore — is also vying for a finals spot

• Olympics athletes are nailing it in London with colourful mani-pedis. Check out the gallery at metronews.ca

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Parker, Kyle strike bronze with women's soccer team

From heartbreak to elation. Midfielder Diana Matheson's game-winning goal against France lifts Canada into the medals

DORIAN GEIGER
Metro in Saskatoon

The Canadian women's soccer team, including Saskatchewan players Kaylyn Kyle and Kelly Parker, have claimed glory at the London Games, capturing bronze after narrowly defeating France 1-0 on Thursday.

Rebounding from the gut-wrenching 4-3 semifinal loss to the United States in what some are billing as the most prolific contest in women's soccer history, Canada has captured their first medal in a traditional summer team sport since 1936.

France was dominant, putting four shots on Canadian keeper Erin McLeod to Canada's one on the French net.

Saskatoon's Kaylyn Kyle's popularity on Twitter has steadily increased during her time at the Games, reaching nearly 20,000 followers to date. TWITTER

The French also ricocheted shots off Canada's crossbar and post.

It was Diana Matheson who struck bronze for Canada, finding the bottom right corner of the French net in the second minute of added time.

Follow Dorian Geiger on Twitter @dgiegs

Five Kaylyn Kyle tweets

1. **Bronze medal post-game:** "Let's try that again!!! BEST MOMENT OF MY LIFE!!!!! DREAMS DO COME TRUE!!!!!!!!!"
2. **Bronze medal pre-game:** "So proud to be CANADIAN UR all so amazing!!!! Thank u for the messages and support now let's win this F'ing BRONZE for everyone in CANADA!"
3. **Following loss to U.S.:** "Gutted.... sorry for letting everyone down especially our senior players they deserved IT, we left everything on the field."
4. **Upping her social media presence, Aug. 5:** "What are the chances I break 10,000 followers before game day tomorrow?? Got a bet with @officialcwood and I HATE loosing!!!"
5. **Opening ceremony:** "Did the queen just jump out of the heli!!!!!!!! What an entrance #ihopeimthatkicka$$ when I'm older!"

An emotional Christine Sinclair celebrates as Canada wins the bronze medal, beating France 1-0 at the London 2012 Olympic Games at the City of Coventry Stadium in England on Thursday. STEVE RUSSELL/TORSTAR NEWS SERVICE

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NEWS 1

Spiritwood, Sask.

Boy, 6, clings to capsized boat as grandpa drowns

RCMP say a six-year-old boy was able to cling to a capsized boat and wave for help on a Saskatchewan lake, but his efforts couldn't save his grandfather.

Police say boaters on Fish Lake in the Rural Municipality of Shellbrook were able to save the child on Wednesday, but his grandfather was already under water.

Officers from the Spiritwood detachment helped recover the body of Paul Grimard, 59.

Grimard's 55-year-old wife had swum to shore for help, and both she and the boy were taken to hospital and treated for exposure and hypothermia.

Police say it appears the three were not wearing life jackets.

THE CANADIAN PRESS

Nipawin, Sask.

Wall wants a whopping walleye

Like many fishermen, Saskatchewan Premier Brad Wall can recall his biggest catch — a walleye 81 centimetres long that weighed 5.5 kilograms.

The premier laughs that the whopper was just luck. But Wall says he also has a secret weapon heading into the 25th annual Saskatchewan Premier's Walleye Cup in Nipawin this weekend. Wall says his partner is a walleye fishing enthusiast who knows where the fish are in Tobin Lake, site of the tournament.

The Saskatchewan Party will pay Wall's registration fee. It's thought to be the first time a premier has cast his reel as a competitor. THE CANADIAN PRESS

Mobile news

The London zoo has been holding special animal athletic events to coincide with the Olympics. Scan the code to see who's king of this competitive jungle.

The Riders and the Eskimos last met at Mosaic Stadium on July 8, when the Riders took the match 17-1. The two teams share a record of 3-2 this season, leaving them tied for second in the western division standings. COURTESY SASKATCHEWAN ROUGHRIDERS

Riders are ready to rumble with Eskimos

Turnaround time. Team needs a repeat of last performance against Edmonton to reverse their slide

JEFF MACKEY
jeff.mackey@metronews.ca

The Saskatchewan Roughriders will square off against the Edmonton Eskimos Friday to see who will tie B.C at the top of the league standings.

When the Riders last faced the Eskimos, on July 8, they took the match 17-1. They will need a repeat of that performance if they want to reverse the 0-2 slide that they have found themselves in.

"I think it is going to be a big test for us to see how we handle having a week off and coming back and playing a team with a very good record and a very good defense," said head coach Corey Chamblin.

"The guys have come out with the right energy and the right focus (at practice), we just need to transfer that to the game and make sure it materializes into a win," said Chamblin.

A notable change with the Riders will be the team's kicking. The addition of kicker Sandro DeAngelis this week will mean Chris Milo will be sharing some of his responsibilities.

"I am going to be doing the place kicking this week and I am really excited for the opportunity, I just really want to help this team any way I can," said DeAngelis.

"Obviously we are a little disappointed with the last two results but hopefully coming off the bye week we can get this wave of momentum moving in the right direction," he continued.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Quoted

"Obviously we are a little disappointed with the last two results but hopefully coming off the bye week we can get this wave of momentum moving in the right direction."

Kicker Sandro DeAngelis

Sisters abuse case. Charges against Regina couple are upgraded to manslaughter

A Regina couple accused of abusing and neglecting two sisters aged two and four are now facing manslaughter charges.

Kevin and Tammy Goforth, both in their 30s, still face one count each of negligence causing bodily harm.

Police indicated after the older girl, June Alexus Dawn Goforth, died last week that some of the charges would be changed.

The Goforths, who are not the biological parents, are to appear in court again next week. Police have not revealed the relationship between the caregivers and the girls.

Tammy Goforth openly cried in the courtroom as the charges were upgraded.

THE CANADIAN PRESS

Younger sister

- The two-year-old girl remains in hospital and is said to be improving. Police say her name will not be released.

New network

SaskTel invests in web, TV upgrades

SaskTel customers are getting faster Internet and better high-definition television. The Crown corporation is spending $670 million for fibre -optic upgrades to its phone, Internet and digital TV services.

SaskTel president Ron Styles says Internet download speeds will be boosted to 200 megabytes per seconds, but customers won't have to pay more. The new network is to be in 40,000 homes in Saskatoon and Regina by the end of the year.

THE CANADIAN PRESS

Summer star gazing. Meteor shower to peak this weekend

This weekend will mark the peak of the Perseid meteor shower and Stan Shadick, an astronomy lecturer at the University of Saskatchewan, says it's the perfect opportunity to learn about the wonders of the night sky.

"The Perseid meteor shower is one of the best ways to introduce people to star-gazing and to the science of astronomy," said Shadick.

Caused by the passing of Comet Swift-Tuttle, the meteor shower is the result of earth passing through debris left behind by the comet's dust-tail, causing up to 100 meteors an hour.

Chris Beckett, national observing chair of the Royal Astronomical Society of Canada, said the event is an important one for the star gazing community.

"It something that everybody marks on their calendars to go out and enjoy and certainly it's one of the highlights of summer," said Beckett. "It's like celestial fireworks essentially."

The Perseid meteor shower usually runs from the middle of July until the middle of August, with this year's peak occurring this weekend.

MORGAN MODJESKI/ METRO IN SASKATOON

Coalition Avenir Quebec Leader Francois Legault greets members of the public during an election campaign stop in Mirabel, Que., Thursday. GRAHAM HUGHES/THE CANADIAN PRESS

Learning 9 to 5 would be reality under new party

Quebec election.
Teachers' group greets promise with skepticism, saying it would create logistical problems

There will be a lot less late-afternoon texting and TV watching for Quebec high-school students if a new political party gets its way.

The Coalition Avenir Québec (CAQ, Coalition for Quebec's Future) says it would adjust secondary-school opening hours to 9 a.m. to 5 p.m. if it wins the election, in order to better reflect the schedule of modern families and to help fight the province's high dropout rate.

Quoted

"Those famous yellow buses wouldn't leave at 3:30 p.m. anymore. They'll leave schools at 5 p.m."

CAQ Leader Francois Legault

Leader Francois Legault says he wants to put an end to adolescents going home in the middle of the afternoon and playing video games alone in the house. Instead, they would do extracurricular activities, like sports or cultural classes, or could get help with their homework.

The measure would be implemented over five years and cost $290 million when fully implemented. He said it would be introduced first in poor neighbourhoods with high dropout rates.

He said teachers wouldn't be forced to work an extra hour. Those who choose to, he said, would get a pay raise. Legault said the plan would have to be negotiated with teachers' unions.

For their part, the governing Liberals accuse the Coalition of making promises it can't afford with its cocktail of tax cuts and spending pledges. THE CANADIAN PRESS

Suspect in hammer attack may have given fake identity

When a Spanish tourist was abruptly pummelled in the head by a hammer-wielding stranger on a park bench last week in New York City, there seemed to be little mystery about who attacked him — a suspect was arrested nearby and confessed, authorities said.

But now the case may not be so straightforward: Prosecutors are investigating whether the suspect gave authorities a phoney name after a chess master in Canada told them he believes the man is using his identity.

At the moment, the suspect is being held without bail on attempted murder and other charges relating to the hammer attack. He hasn't been charged with any other crime. The Manhattan district attorney's office is looking into the false-identity allegation, a person familiar with the case said Wednesday, speaking on condition of anonymity because the person wasn't authorized to discuss the matter publicly.

Yoos too?

- The suspect gave police the same name — complete with middle name — and birth date as chess player John C. Yoos.
- Yoos, a U.S. citizen, said he was told the man also gave his Social Security number, though he doesn't know how the man obtained it.

The Legal Aid Society, which is representing the suspect, had no immediate comment.

The tourist, Hugo Alejandre of Barcelona, was eating lunch with his girlfriend in a park near city hall on July 30 when a man sitting next to them pulled out a hammer and started bashing Alejandre on the head and back with it, prosecutors said. Bystanders ultimately wrestled the tool away. Alejandre was treated for a spinal fracture and deep cuts, prosecutors said.

The chess player, John C. Yoos, 43, of Vancouver, says he knew nothing about the attack until a friend contacted him Monday after seeing a news report about it. The friend thought it was a coincidence that a man of Yoos' same name and age had been arrested in New York, Yoos said in a phone interview Tuesday.

He looked at photos accompanying news stories about the attack, recognized the suspect as an acquaintance from years ago and started calling authorities.

"It's a little bit disconcerting because, obviously, it's been widely reported. It's my name and my age on it," he said by phone. "I'd be very happy if this was clarified soon — that this is not, in fact, me."

THE ASSOCIATED PRESS

B.C. Court backs probe of police conduct after pregnant woman's death

Two Vancouver police officers who decided not to warn a pregnant woman about a tip that someone was plotting to kill her in the days before she was murdered have lost a court attempt to block an investigation into their conduct.

Det. Const. Craig Bentley and Staff Sgt. John Grywinski were working on the region's integrated gang task force in 2005 when Bentley received a tip that someone was attempting to hire a hitman to kill 21-year-old Tasha Rosette.

The B.C. Supreme Court heard Bentley told Grywinski, his supervisor, but the pair decided to further investigate the tip rather than warn Rosette.

Five days later, Rosette was found stabbed to death outside the door of her apartment in Surrey, southeast of Vancouver. She was stabbed 40 times and her throat was slashed.

Her boyfriend, Amjad Khan, and his alleged accomplice, Naim Mohammed Saghir, were later convicted of murder and conspiracy to commit murder, though the province's Appeal Court overturned those convictions last year and ordered a new trial.

THE CANADIAN PRESS

Victoria to Winnipeg

Stowaway cat returns home

A curious cat named Bandit is back home in Victoria after hitching a ride in a moving van that took him 2,500 kilometres away to Winnipeg.

The Gunderson family moved to Manitoba last week from the B.C. capital.

The driver of their moving truck found the kitty stowaway in a compartment underneath the trailer. Bandit survived the three-day journey with no food or water.

The cat was returned home by plane after the Gundersons contacted the Winnipeg Humane Society. THE CANADIAN PRESS

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Iran holds Syrian conference as regime fights off rebel push

Call it dialogue. Allies stand together amidst international pressure for Assad to step down

As Syrian forces struggled to drive rebels from the country's largest city, the regime's key ally Iran tried Thursday to start an alternative political process to address the crisis.

Iran gathered an array of nations ranging from strong supporters of Damascus to far-flung nations a world away from the Syrian civil war.

The one-day forum is unlikely to result in any international consensus, but it shows Iran's resolve to stand by President Bashar Assad as his forces try to crush the 17-month-old uprising.

On Thursday, Syrian rebels said they were low on ammunition but still managed to put up resistance against a regime ground offensive in the city of Aleppo, a centre of fighting for more than two weeks.

Tehran billed Thursday's conference as a way to focus on dialogue — an alternative to Western-led initiatives that call for Assad to give up power.

Iran has said in the past that the Syrian regime's critics fail to take into account violence by the rebels.

"Iran is against the killing of unarmed people and citizens by any side," Iranian Foreign Minister Ali Akbar Salehi said at the gathering.

He also warned that sending weapons to the opposition will only fuel the crisis, and he accused rebels of using civilians as "human shields".

Russia in the past has urged the West to allow Tehran to take part in international discussions on how to settle the Syrian crisis, arguing that the Islamic republic could play an important role. Moscow has been the main protector and ally of Assad's regime, shielding it from U.N. sanctions over its brutal crackdown on an uprising that has evolved into a full-blown civil war.

The U.S. dismissed the Iranian gathering.

"It's just hard for us to imagine that after putting so much effort into keeping Assad in power ... how they (Iran) can be a constructive actor in facilitating a political solution to the crisis," State Department spokesman Patrick Ventrell said.

THE ASSOCIATED PRESS

Conference attendees

- Iran said some 30 countries attended the meeting, including Russia and China, as well as far-off Benin, Cuba and Mauritania.
- The meeting was called at short notice, and most countries were represented at the ambassador level.

Nuclear energy under fire on anniversary of Nagasaki

A woman and a boy pray next to lanterns along a river, paying tribute to the victims of the atomic bombing in Nagasaki, southern Japan, Thursday. They were two of the 6,000 people who gathered at a peace park near the epicentre of the 1945 blast, including students and the mayor of one of the towns most affected by last year's nuclear plant disaster. Japanese officials have pledged to seek a society less reliant on nuclear energy as the country marks the 67th anniversary of the atomic bombing of Nagasaki. KYODO NEWS/THE ASSOCIATED PRESS

Bosnia. Wildfires set off blast in old minefield; more explosions feared

As firefighters tried to contain two wildfires near an ammunition factory in southern Bosnia on Thursday, one of the blazes began setting off explosions in a minefield left over from the country's war in the 1990s, officials said.

No one was injured, but heavy winds and the risks of entering the minefield were making it difficult for the firefighters and several military helicopters assisting them to battle the two blazes in the populated area.

Both fires were threatening the Igman ammunition factory on the outskirts of Konjic village from opposite sides, with one of them burning in the heavily mined forest.

This summer has been one of the hottest on record in Bosnia, and it hasn't rained in the country for two months. That has led to fires, one of which was raging just 500 metres from people's houses.

Further south, several villages were evacuated because of other fires that have been raging around the southern city of Mostar.

In eastern Bosnia, near the town of Gorazde, another wildfire was burning in a minefield, but the blaze was not close to people's homes and didn't appear to be setting off explosions, officials said.

Bosnia's 1992-1995 war turned it into one of the world's most mine-infested countries.

THE ASSOCIATED PRESS

A Bosnian man looks at the raging wildfires near the Bosnian town of Konjic on Thursday.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Colorado. Lawyers for movie shooting suspect say client is mentally ill

Attorneys for the suspect in the Colorado movie theatre shootings said Thursday their client is mentally ill and that they need more time to assess the nature of his illness.

James Holmes' lawyers made the disclosure at a court hearing in suburban Denver where news media organizations were asking a judge to unseal court documents in the case.

Holmes, a 24-year-old former Ph.D. student at the University of Colorado, Denver, had the familiar, dazed demeanour that he has had in previous court appearances.

Holmes is accused of going on a July 20 shooting rampage at a midnight showing of the latest Batman movie in Aurora, killing 12 people dead and injuring 58 others.

Defence attorney Daniel King made the revelation about Holmes as he argued defence attorneys need more information from prosecutors and investigators to assess their client.

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Four girls abused

Peace Corps gives cash for victims

The Peace Corps has voluntarily agreed to contribute $20,000 to a fund for four girls sexually abused by a volunteer. But representative said this was not an indication the group bore any responsibility.

THE ASSOCIATED PRESS

Egypt

Violence rages in Sinai peninsula

Gunmen sprayed a police station in Egypt's Sinai with bullets Thursday, setting off a brief firefight with police. It was the latest in a series of attacks against security forces in the volatile peninsula.

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Must pass pregnancy test.
U.S. school changes rule after it's said to have violated law

A U.S. school is changing a policy that kicked pregnant students out of class and required them to be taught at home, the school's board chairman said Wednesday.

No one at Delhi Charter School in rural Louisiana realized there was anything wrong with the policy until the American Civil Liberties Union's state chapter threatened to sue, said chairman Albert Christman.

The policy has gotten "everybody up in a roar," he said.

The school required students who were suspected of being pregnant to take a pregnancy test. If they refused, or tested positive, they had to be home-schooled. The ACLU said the policy violated Title IX of the 1972 federal education law, which requires equal opportunities for both sexes.

Too many schools do not realize pregnant students should receive equal treatment, the National Women's Law Center said in a June report.

"Despite enormous advances for women and girls in education since 1972, schools across the country continue to bar pregnant and parenting students from activities, kick them out of school, pressure them to attend alternative programs, and penalize them for pregnancy-related absences," the law centre said in the report.

Louisiana Department of Education spokesman Barry Landry said he did not know the state's policies for pregnant students.

THE ASSOCIATED PRESS

Teen moms

- Fatima Goss Graves of the National Women's Law Center said she had never seen a school policy "that said you must take a pregnancy test in order to attend school. Or one that pushes, so overtly, students out."
- Albert Christman, the Delhi school board chairman, said "just a handful" of students were affected by the policy, which dates to 2006.

Supporters awaiting Pussy Riot verdict

Masked activists demonstrate in support of members of the feminist punk group Pussy Riot in front of the Russian Embassy in Berlin Thursday. Prosecutors in Russia on Tuesday called for three-year prison sentences for the women who gave an impromptu performance in Moscow's main cathedral to call for an end to Vladimir Putin's rule, in a case that has caused international outrage and split Russian society. OLIVER LANG/DAPD/THE ASSOCIATED PRESS

Surveillance testing

Balloons inflate border-patrol agents' hopes

Something new will soon be floating in the skies above the Texas-Mexico border as federal authorities test balloon-like military surveillance devices to see if they might help with border monitoring. U.S. Border Patrol spokesman Henry Mendiola says the large, tethered devices called aerostats likely will take flight by Friday in the Rio Grande Valley. He could not say how many there would be nor how long testing would last. THE ASSOCIATED PRESS

New York's sex scene

City the buzz kill to vibrator promo

A vibrator giveaway that attracted long lines in New York City came to an abrupt end when the city told the promoters to pack it up. The Trojan condom company set up "Pleasure Carts" on Wednesday in two Manhattan neighbourhoods, and were set to give away 10,000 vibrating sex toys. THE ASSOCIATED PRESS

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Google to pay $22.5M in privacy case

Google headquarters in Mountain View, Calif. THE ASSOCIATED PRESS FILE

Record penalty. Tech giant to pay up to settle regulatory case with the U.S. Federal Trade Commission

Google will pay a $22.5-million US fine to settle the latest regulatory case questioning the Internet search leader's respect for people's privacy and the integrity of its internal controls.

It's the most that the FTC has ever fined a company for a civil violation.

The rebuke resolves the FTC's allegations that Google duped millions of web surfers.

Google had assured people it wouldn't monitor their online activities, as long as they didn't change the browser settings to permit the tracking.

Google broke that promise, according to the FTC, by creating a technological loophole that enabled the company's DoubleClick advertising network to shadow unwitting Safari users. That tracking gave DoubleClick a better handle on what kinds of marketing pitches to show them.

The FTC concluded that the contradiction between Google's stealth tracking and its privacy assurances to Safari users violated a vow that the company made in another settlement with the agency in October.

The settlement doesn't come with admission from Google of wrongdoing.

THE ASSOCIATED PRESS

China on shaky footing?

A shoe-shop worker arranges discounted shoes at a shopping mall in central Beijing on Thursday. China's inflation rate fell further in July, giving the government more room to stimulate growth amid mixed signals about whether the world's second-largest economy is recovering from a painful slowdown. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Tech tussle

RIM patent lawsuit ruling overturned

Research in Motion says a California judge has overturned a ruling on a patent-infringement case involving mobile-device-management company Mformation Technologies and vacated a $147.2-million US jury award. The BlackBerry-maker added that it is not required to make any payment to Mformation now.

THE CANADIAN PRESS

Online scams

Facebook launches phishing email

Facebook has a new email address for people to report scams. Anyone — even those who aren't on Facebook — can report malicious emails that pretend to come from the networking site to phish@fb.com. Facebook says it will report scams to security companies and notify blacklists that block malicious websites.

THE ASSOCIATED PRESS

Market Minute

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THE NUTS & BOLTS OF LIFE & SPORTS

THE LIST
Mike Benhaim
Metro

1 **What Usain?** Does anyone else think it's awesome that the fastest man in the world's real name is Bolt?

2 **Oslo motion.** A Norwegian ref took our women's soccer team's gold-medal chance and another Norwegian snatched our gold in kayaking. This means war, Norway. Let's see how tough you are when we show up with our trampolines. Yeah. Be afraid ... be very afraid.

3 **Jackpot!** Facebook now offers online gambling in the U.K. Starting with online bingo, they plan to work their way up to slots. The site will simply ask the user to confirm that they are aged 18 or over, which is fair since everyone knows that gamblers never lie.

4 **Sports in space.** The six astronauts living aboard the International Space Station have been taking time from their busy schedules to watch the 2012 Summer Olympics. I'm not even allowed to use Twitter at work.

5 **Just like us.** A study published this week requiring wild hyenas in Kenya to slide open a bolt latch to get a piece of meat showed that only nine out of 62 hyenas succeeded by using their teeth, or flipping the box. This is a huge coup for the science community who spent countless grant dollars to show that if we ever encounter hyenas, we must pray that it's one of the dumb or lazy ones.

6 **Second-chance Chuck.** Charlie Sheen is back with a new show aptly entitled Anger Management. Hey, here's a lesson for the kiddies: Stay away from drugs or you'll end up rich, making movies and TV shows, having frivolous sex with hot actresses and porn stars, and after publicly humiliating yourself and your entire family, be offered another TV series. Now, is that what you really want?

7 **Palin by comparison.** Bristol Palin will take part in the all-star season of Dancing with the Stars. She says, "I figure the press will talk about me either way. So I may as well be having fun with a good group of people." Actually, I'm only talking about her to ask why anyone would be talking about her at all? Anyone?

8 **Funny Lady.** Barbara Streisand is honouring Canada with her presence once again. Well, not so much Canada as those Canadians that can afford to blow $2,000 on one night's entertainment, but hey, thanks Babs.

9 **Snoop Fog.** Here's how it really happened. A few years after converting to Islam, Snoop Dogg takes a spiritual journey to Jamaica (as if there were any other kind). Once there, he converts to Rastafari and decides to retire from hip hop to start producing reggae music. His manager asks: "Are you high?" Snoop says, "No." Manager replies, "Man, you lyin'!" And a new identity, Snoop Lion, is born.

10 **The Entertainer.** We lost a music legend this week. Marvin Hamlisch wrote some of the most recognizable tunes of the last half-century. He also holds the distinction of being the youngest student ever accepted into the Juilliard School, which he started at age seven. He was a rare talent who left us with a repertoire of timeless souvenirs. Thanks Marv.

Follow The Metro List on Twitter @TheMetroList

Lol: Hyenas can't haz pieces of meat, it seems. DAN KITWOOD/GETTY IMAGES

Sorry sight, sacred for science

TODD R. FORSGREN

Bird photography

Shock value inside 'Birds in nets' art

Looking at these birds haplessly caught in nets is bound to ruffle a few feathers. But in truth these creatures are unharmed in what is a research process used by biologists. Todd Forsgren's provocative images are from a series on mist nets, which ornithologists have used for years to measure and record birds.

MWN

Behind the photos

- **Definition.** Mist nets are used by ornithologists for data that cannot be obtained from using binoculars or microphones.

They "function as huge spider webs, catching unsuspecting birds," Forsgren, shown above, says on his website. The scientist carefully removes the bird from the net. The bird is then measured, aged, sexed, and banded with an individually numbered anklet before it is released back into the wild, unharmed.

- **For science.** Forsgren explains the significance, rather than the tragedy, of getting birds tangled in nets. "Most people think the images are tragic if they're not familiar with the mist-netting and bird-banding," he said in an interview with art print website 20x200. "But I hope that they'll come to understand the valuable information that biologists can collect using these techniques."
- **Inspiration.** Forsgren's photographs were inspired by the work of pioneering bird enthusiasts: Painter John James Audubon and ornithologist Roger Tory Peterson. "I spent days studying and trying to emulate Peterson and Audubon as a bird-watching teenager," Forsgren said. "John James Audubon's Birds of America, and Roger Tory Peterson's Field Guide to the Birds of Eastern and Central North America were the first pieces of artwork I loved."
- **On critics.** Despite the value of data from mist nets usage, Forsgren understands there will always be detractors of the technique: "For some viewers, no amount of discussion can convince them that the good this contributes to bird populations justifies an hour or two of stress on individual birds."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would a four-day work week encourage you to work harder?

Twitter

@naomimokes
Happy belated birthday @SaskParty! What a great 15 years & more great years of leading the nation to come! #skpoli #yqr

@perryeh
Random deed today, bought breakfast for a transient fellow. Super good meal at Husky #yqr. #payitforward

@SKCDP
Please, do not apply mascara and drive at the same time. Seriously, I hope you poke out an eye. #yqr #baddrivers

@44Mc
Awesome win for Canada's women's soccer team. Well done. We are so proud #yqr

@theREALksummers
So rattled. #YQR disgusts me sometimes. Get these ghetto hoodrats under control.

metro
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Jeremy Renner in The Bourne Legacy. SUBMITTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Bourne delivers on action, not on plot

Richard: Mark, why they didn't call this movie Bourne Again, I'll never know. Jason Bourne may not make an appearance, but it feels like a movie we've seen before — the same shaky camera and frenetic action. The only thing that's changed is that while there's a fair amount of CIA superspy gobbledygook, it's surprisingly light on plot. For a movie about the deepest, darkest workings of secret government agencies the story is really rather simple.

Mark: It's just another chase movie, although they try to disguise it with pseudoscientific bafflegab delivered at record speed. The blue pill? The green pill? Are we in the Matrix yet? That having been said, it's a very good chase movie for the first two-thirds, until it descends into very conventional car chases and the like. Superior acting lifts this movie above the run of the mill CIA stuff. Do you think Jeremy Renner was up to the task? Or should we lobby to bring back Matt Damon?

RC: I liked Renner, but I loved Damon in the role. I enjoyed Renner's performance in The Hurt Locker, but I wonder if he has the stuff to carry a movie on his own. He can run, jump and shoot with the best of them, but I was hoping for more charisma. When he's not in motion chasing after a bad guy or wrestling a wolf, I found him kind of flat. I was more on side with him in the beginning when he played Cross like a junkie who needed to score. After that he became a bland Bond wannabe.

MB: Copy that, Richard. But it was nice to see Ed Norton working again, and some of the small tense roles handled so well by the cast of well-chosen character actors. I liked the slow build of the first 30 minutes, I thought the editing and crosscutting was masterful, and the shootout set piece in the old house was so well done I felt I was right there in that house with the actors. But what's with bringing in the hit man at the end of the movie? How many times have we seen that cliché? Or the extended car chase — a non-thrilla in Manila? And don't even get me started on the ending!

RC: The last 30 seconds felt more like a door slamming shut than an ending.

MB: You know what they say: When a door slams shut, a window opens onto a sequel.

Synopsis

Dovetailing the story from The Bourne Ultimatum, the new film begins with Jason Bourne's appearance in Manhattan outing the CIA's Treadstone/Operation Outcome unit. Before a Senate committee can unearth info on the genetic experiments they conducted on their agents, head honcho Eric Byer (Edward Norton) orders all agents neutralized (assassinated). Among the targets is Aaron Cross (Jeremy Renner), a highly skilled operative who requires chemical enhancement to stay in peak killing form.

- Richard: ●●●○○
- Mark: ●●●○○

On the web

Sesame Street in search of new Latino character

NEED A RIDE?
Read metrodrive every Wednesday.

Dolph Lundgren lured back for Expendables 2

Character written specifically for him.
Veteran action star sees a lot of himself and his own past in his expanded role

NED EHRBAR
scene@metronews.ca

It's no secret that '80s action film star Dolph Lundgren also has a degree in chemical engineering and gave up a Fullbright scholarship to MIT to become a bodyguard for Grace Jones and eventually an actor. By complete coincidence, in The Expendables 2 we learn that his mercenary character, Gunnar, gave up studying chemical engineering at MIT to become a bouncer at a club and shack up with an exotic girlfriend.

At first reluctant, Dolph Lundgren is back for Expendables 2. HANDOUT

Whose idea was it to make your character's backstory your own backstory?

That was (Sylvester) Stallone. I had reservations about the original script on the second (movie). My character had been so fun to play in the first one. That was the reason I did the movie, and it felt like everyone seemed happy with it. Then in the second one, my character was just like a regular guy in the back with the rest of them, like, "Hey, can I throw a grenade? Can I kill someone, please?" And I didn't like that. I didn't want to make the picture — actually, I did turn it down. So then Stallone kind of came to me and said, "I'm going to think of something," and he came up with a couple of ideas. This was one.

Did you have a say in exactly how much his story matches yours?

It was all in there. I was a bouncer, and it had to do with Grace (Jones) — he fell in love with some girl who dances at a disco, which is kind of like Grace and the whole thing, right? Look, Sly made a career out of making his whole life into movies and it worked for him, so I did a little bit for me, I guess, and I guess it worked pretty well.

Was it common for you guys to slip in Stallone impressions on set when he wasn't around?

Yeah, and the Arnold (Schwarzenegger) one, too. "I'll be back" (laughs). I was at Comic-Con with them, and you're sitting at the panel with Arnold and Stallone, and you just don't say a word because what are you going to do? These guys are so famous that they're like almost beyond famous. Anybody can do their voice, everybody knows them in the whole world — in the fricking jungles of Malaysia, even.

When you're bringing in all these new characters, beefing up the cast, is there a worry that you're going to get crowded it out?

Yes, I think it weighs on you incredibly. Part of the filmmakers' and the writers' task is how do you give 10 co-stars enough screen time for them not to get upset or feel like they're getting lost — or for the audience to get their dose of Chuck (Norris) or whoever they want to see, Dolph Lundgren or Terry Crews or Stallone — well, Stallone gets a lot of screen time (laughs).

Comedy

The Campaign

Director. Jay Roach

Stars. Will Ferrell, Zach Galifianakis

It may be political satire but there isn't a whole lot of effectual social commentary in The Campaign. Instead, Will Ferrell and Zach Galifianakis star as two moronic politicians who relentlessly compete for election votes through everything from sex tape campaign ads to inadvertently punching babies. The inconsistent but engrossing gags only drive any serious political points into the muck. **STEVE GOW**

Comedy

Hope Springs

Director. David Frankel

Stars. Meryl Streep, Tommy Lee Jones, Steve Carell

Streep's Kay, 30 years married and five years untouched, is optimistic that she can save her relationship, despite evidence to the contrary. Her husband Arnold (Jones) has mossed over emotionally and sexually, content to live a cold, separate life. He grudgingly acquiesces to therapy but deflects Dr. Feld's (Carell) advice. The film forgoes histrionics for emotional realism as only these pros can deliver. **ANNE BRODIE**

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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 10 TO THURS., AUG. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

The Amazing Spider-Man (PG) Fri-Thu 9:15
The Best Exotic Marigold Hotel (G) Fri-Thu 9
The Bourne Legacy (PG) No Passes Fri 4:15-7:15-10:20 No Passes Sat-Sun 1-4-7:05-10:10 No Passes Mon-Thu 4:15-7:15-10:20
Brave (G) Fri 4:30-6:50 Sat-Sun 2-4:25-6:50 Mon-Thu 4:30-6:50
The Campaign (14A) No Passes Fri 4:45-7-9:35 No Passes Sat-Sun 1:05-3:20-5:35-7:50-10:05 No Passes Mon-Thu 4:45-7-9:35
The Dark Knight Rises (PG) Fri 6:40-10:15 Sat-Sun 2:40-6:40-10:20 Mon-Thu 6:40-10:15
Diary of a Wimpy Kid: Dog Days (G) Fri 4:40-7:05-9:20 Sat-Sun 1:25-3:45-6:45-9:25 Mon-Thu 4:40-7:05-9:20
Ice Age: Continental Drift (STC) Fri 4:20-6:45 Sat-Sun 1:35-3:55-6:30 Mon-Thu 4:20-6:45
Magic Mike (14A) Fri 4:50-7:25-10 Sat-Sun 1:40-4:30-7:10-9:45 Mon-Thu 4:50-7:25-10 Star & Strollers Screening Wed 1
Step Up Revolution 3D (PG) Fri 4:20-6:55-9:25 Sat-Sun 1:55-4:15-7-9:20 Mon-Thu 4:20-6:55-9:25
Ted (14A) Fri 5-7:35-10:05 Sat-Sun 2:10-4:50-7:20-9:55 Mon-Thu 5-7:35-10:05
Total Recall (PG) Fri 4:55-7:45-10:30 Sat-Sun 1:50-4:40-7:30-10:25 Mon-Thu 4:55-7:45-10:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098

The Bourne Legacy (PG) No Passes Fri-Sun 1:30-4:30-7:35-10:40 No Passes Mon-Thu 1:30-4:30-7:30-10:30 No Passes Fri-Sun 1-4-7:05-10:10 No Passes Mon-Thu 4-7-10
The Campaign (14A) No Passes Fri 1:20-3:35-5:50-8:05-10:25 No Passes Sat 11-1:20-3:35-5:50-8:05-10:25 No Passes Sun 1:20-3:35-5:50-8:05-10:25 No Passes Mon-Tue 1:30-3:40-5:50-8:05-10:15 No Passes Wed-Thu 1:30-3:40-5:50-8:05-10:25
The Dark Knight Rises (PG) Fri 2:45-6:45-10:15 Sat 11:15-2:45-6:45-10:15 Sun-Thu 2:45-6:45-10:15
Diary of a Wimpy Kid: Dog Days (G) Fri 2:55-5:15-7:40-10:05 Sat 12:25-2:55-5:15-7:40-10:05 Sun-Wed 2:55-5:15-7:40-10:05 Thu 2:55-5:15-7:40-10
Hope Springs (PG) No Passes Fri 2-4:45-7:30-10 No Passes Sat 11:30-2-4:45-7:30-10 No Passes Sun 2-4:45-7:30-10 No Passes Mon-Tue 2-4:45-7:25-9:55 No Passes Wed-Thu 2-4:35-7:25-9:55
Ice Age: Continental Drift (STC) Fri-Thu 2:20
Ice Age: Continental Drift 3D (STC) Fri-Tue 4:50-7:20-9:45 Wed 4:50-9:45 Thu 4:50-7:20-9:45
The Odd Life of Timothy Green (G) No Passes Wed 1:40-4:15-6:55-9:35 No Passes Thu 1:40-4:15-7-9:35
Over the Hedge (G) Sat 11
Singin' in the Rain (G) Wed 7

Total Recall. HANDOUT

Ted (14A) Fri 2:50-5:20-7:55-10:30 Sat 12:10-2:50-5:20-7:55-10:30 Sun 2:50-5:20-7:55-10:30 Mon-Tue 2:50-5:20-7:55-10:25 Wed 1:50-4:25-7:15-10:30 Thu 2:50-5:20-7:55-10:30
Total Recall (PG) Fri 2:05-4:55-7:45-10:35 Sat 11:20-2:05-4:55-7:45-10:35 Sun 2:05-4:55-7:45-10:35 Mon-Tue 2:05-4:55-7:45-10:30 Wed-Thu 1:50-4:40-7:35-10:20
The Watch (18A) Fri 3:05-5:35-8:10-10:35 Sat 12:30-3:05-5:35-8:10-10:35 Sun 3:05-5:35-8:10-10:35 Mon-Tue 3:05-5:35-8-10:25

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

The Dark Knight Rises: The IMAX Experience (PG) Fri-Sat 1:15-4:15-7:15-10:15 Sun 1:15-4:15-7:15
To the Arctic 3D (G) Fri-Sun 5:30
Tornado Alley 3D (STC) Fri-Sun 10:45

Golden Mile
3806 Albert St., 306-359-5250

Dr. Seuss' the Lorax (G) Fri-Thu 1:40-4:05
The Five-Year Engagement (14A) Fri-Thu 6:30-9:20
Katy Perry: Part of Me (G) Fri 1:45-4-7:05-9:50 Sat 1:45-4-9:50 Sun 1:45-4-7:05-9:50 Mon-Thu 1:45-7:05-9:50
Men in Black 3 (PG) Fri-Thu 1:35-4-6:55-9:45
Moonrise Kingdom (PG) Fri-Thu 1:25-3:50-7-9:35
People Like Us (PG) Fri-Thu 1:30-3:45-6:40-9:40
Rock of Ages (PG) Fri-Wed 1:15-3:50-6:45-9:30 Thu 1-3:50-6:45-9:30
Snow White and the Huntsman (PG) Fri-Thu 1:10-3:45-6:35-9:25
That's My Boy (14A) Fri-Thu 1:20-3:55-6:50-9:30

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

Bernie (PG) Thu 9
China Heavyweight (G) Fri 7 Sat 9 Sun 7
Jiro Dreams of Sushi (G) Thu 7
Last Call at the Oasis (STC) Fri 9 Sat 7 Sun 9
No Films Showing Today (STC) Mon-Tue
Wednesday Plus (STC) Wed 7

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jay-Z and Beyoncé

Jay-Z, Beyoncé top power couple financial list

Forbes magazine has yet another list for measuring celebrity wealth, and this time it's the Highest Paid Celebrity Couples.

Topping the list are Beyoncé and Jay-Z, with an estimated combined income last year of $80 million.

Tom Brady and Gisele Bundchen, who topped the list last year, come in at No. 2 with $42 million, while David and Victoria Beckham sit at No. 3 with $54 million.

Brad Pitt and Angelina Jolie, who hold the fourth spot, earned $45 million last year.

Brad Pitt and Angelina Jolie

A 'pre-wedding' gift worth $370K

Brad Pitt is apparently making the most of his engagement to Angelina Jolie. The actor reportedly purchased a $370,000 Patek Philippe watch for Jolie as a lavish "pre-wedding present," according to the Sun. "It chimes like Big Ben and is constructed by hand," a source says of the watch, which took two months to put together. "He went to Geneva to pick it up, and it's believed he'll present it to Ange as a pre-wedding gift."

TomKat keeping it civil for benefit of daughter Suri

While their divorce came suddenly, Katie Holmes and Tom Cruise have reportedly kept things from getting too bitter, establishing a "civilized routine" as they share custody of 6-year-old daughter Suri, according to People magazine.

The exes "are talking," a source says. "They are both going to do what's best for Suri."

That includes sending her to private school in New York City in the fall "to have that sort of stability and consistency in her life," another source says.

Katie Holmes and Tom Cruise

The Word

THE WORD
Monica Weymouth
scene@metronews.ca

A delayed X Files romance?

Earlier this week, Gillian Anderson parted ways with her longtime boyfriend and father of her two sons, Mark Griffiths.

She's not exactly a to-death-do-we-part type of girl — she's previously married and divorced twice — but rumors are swirling that there are special circumstances to this split.

According to gossip blog Celebrity Dirty Laundry, the actress is dating her former X Files costar, the recently officially single David Duchovny.

Sources tell the site they "have been in a serious relationship for some time now," and that Anderson and her children have already moved in with Duchovny in Los Angeles.

Before you X Files fans get too excited, a word from Duchovny's rep: "It is not true," he says in a terse statement.

The thing is, we should probably believe him. But on behalf of all the Scully and Mulder goldfish couples out there, we're not giving up hope just yet.

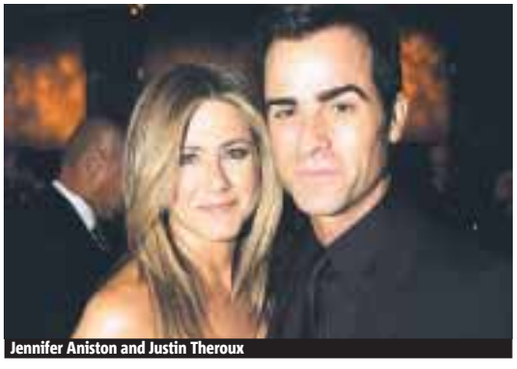
Robert Pattinson

Pattinson opens line of communication — in the form of drunk-dialing

Robert Pattinson has reportedly started reaching out to estranged girlfriend Kristen Stewart — but not in the healthiest of ways.

"He's been drinking like crazy," a source tells In Touch magazine. "He's been drunk-dialing Kristen." Pattinson had reportedly been giving Stewart the silent treatment in the wake of revelations of her infidelity, but apparently now he's looking to talk — sort of.

"Rob had been avoiding her calls, but now they're talking — well, they're barely talking," the source says. "There's a lot of dead silence on the phone because there's not a lot to talk about."


Jennifer Aniston and Justin Theroux

Aniston rep denies couple is calling it quits

Despite a report in Star magazine that Jennifer Aniston and Justin Theroux had called it quits after a year and a half of dating, the couple is reportedly still very much together, according to Wonderwall. "It's once again just another fabrication to sell magazines and has no relationship to reality," a rep for Aniston says. In fact, while Aniston's been shooting a new movie in North Carolina, Theroux has reportedly been spending time with her closest friends, grabbing dinner in New York with Courteney Cox and Laura Dern.

Twitter

@AnnaKendrick47
Every Olympics some poor reporter has to take a "gymnastics lesson." How drunk do you think they get just to face going into work that day?

@CarrieFFisher
Please let's move to a brighter and funnier future with Dumb and Dumber TWO!!

@mradamscott
Of all Olympic events, the balance beam seems super easy.

@SethMacFarlane
So, we're all still totally fired up about that Kony thing, right?

This recipe serves four. SHAPE.COM

Give them a delicious reason to say 'Opa!'

Pan-Sautéed Salmon Over Mediterranean Vegetables. This healthy recipe is inspired by some popular Greek flavours

The ancient Greek physician Hippocrates stated, "Let thy food be thy medicine and thy medicine be thy food".

Hippocrates, the father of modern medicine, used spices and herbs from the Greek countryside for his medical healing.

Greeks have been cooking on the open grill for thousands of years. They are famous for both their grilled vegetables and their grilled fish. Grilling is also one of the healthiest ways of cooking food.

Main ingredients of Greek cuisine are olive oil, vegetables and herbs, grains and bread, wine, fish, and various meats. Also important are olives, feta cheese, eggplant, courgette (zucchini), and yogurt. Greek desserts are characterized by nuts and honey.

This heart-healthy Mediterranean recipe helps you get your vegetables in, along with providing a nice amount of fibre and omega-3s.

1. Heat 1/2 teaspoon of oil in a small non-stick skillet over low heat. Add prosciutto. Sauté for 5 minutes, or until crispy. Stir in garlic; turn off heat.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and mushrooms and sauté for 8-10 minutes, or until golden. Stir in tomatoes and cook for 3 minutes. Add spinach and basil and cook for 3 more minutes. Stir in prosciutto-garlic mixture. Cover; keep warm. Season salmon fillets with salt and pepper.

3. Heat remaining 1/2 teaspoon of oil in the same skillet used to cook prosciutto over medium heat. Add salmon, skin-side down. Cook, covered, for 10-12 minutes or until fish flakes easily. Use a spatula to loosen fish from its skin, which will stick to skillet.

4. Divide vegetables among 4 plates, top with salmon and serve immediately.

TASTE OF THE DANFORTH/SHAPE.COM

Ingredients

Start to finish: 30 minutes

- 3 olive oil, divided
- 2 prosciutto, diced
- 3 fresh garlic, minced
- 1 1/2 red onion, chopped
- 10 button mushrooms, stems removed, caps thinly-sliced
- 4 plum tomatoes, cored and diced
- 4 (packed) spinach leaves, chopped
- 1 fresh basil leaves, torn
- 4 4-oz salmon fillets, about 1-inch thick
- Salt and freshly ground black pepper to taste

Dip into Greek flavour

1. Position oven rack about 6 inches from the heat source; preheat broiler.

2. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.

3. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed. EATINGWELL.COM/ TASTE OF THE DANFORTH

Ingredients

- 1 medium eggplant
- 2 tbsp lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup crumbled feta cheese, preferably Greek
- 1/2 cup finely chopped red onion
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, seeded and minced (optional)
- 2 tbsp chopped fresh basil
- 1 tbsp finely chopped flat-leaf parsley
- 1/4 tsp cayenne pepper, or to taste
- 1/4 tsp salt
- Pinch of sugar (optional)

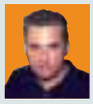
This recipe serves about 12. EATINGWELL.COM

On the Web

Cajun-style potato chips? How about crab seasoning? The U.S. is a land of many chip varieties

Liquid Assets

Greece in a wine glass



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When it comes to undiscovered wine countries, Greece is the word.

While you could make a decent argument for China and somewhere obscure in South America or Eastern Europe, the Greeks are often credited for getting the wine industry rolling by being the first to ferment grape juice a few centuries ago.

Problem is, Greek wines come with more baggage than a family holiday with the Kardashian sisters.

Though the good stuff is Mediterranean in style, I'm betting the only wine you've ever tried from Greece is the polarizing, pine-resonated Retsina — which has a taste that can only be acquired after copious shots of Ouzo.

As if freaky flavours aren't enough of a problem, the old adage "It's all Greek to me" certainly applies to most of the country's wine labels. Even if you can pronounce a word with five vowels, you would still need a UN translator to understand what it means.

Selection varies dramatically across the country so it's hard to recommend a go-to wine. Look for one made by one of its better producers (Boutari or D. Kourtakis) and with one of its endogenous classic grapes — agiorgitiko for red and moschofilero for white.

"Opa!"

Gluten-free tartlets celebrate end of local strawberry season

This recipe serves four. THE CANADIAN PRESS H/O

Local strawberries star in these sweet and creamy tartlets with liqueur that happen to be gluten-free.

1. Heat oven to 190 C (375 F).

2. In a food processor, pulse together walnuts, butter, maple syrup and brown sugar until crumbly. Divide mixture among four 10-cm (4-inch) non-stick tart shell moulds, pressing evenly into bases.

3. Bake for 13 to 15 minutes until fragrant and golden brown. Let cool and remove from moulds.

4. In a medium bowl, combine strawberries with liqueur; spoon 50 ml (1/4 cup) into the base of each tart.

5. Pipe or spoon 50 ml (1/4 cup) of the whipped cream onto each tart and top with large strawberries. Serve immediately.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS, WALNUTINFO.COM

Ingredients

- 375 ml (1 1/2 cups) walnut pieces
- 30 ml (2 tbsp) butter, softened
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) brown sugar
- 250 ml (1 cup) diced strawberries
- 30 ml (2 tbsp) Grand Marnier liqueur
- 125 ml (1/2 cup) whipping cream, whipped
- 4 large strawberries, for garnish

Strawberry Sauce. Serve it over ice cream, cake or savoury eats like pork

This recipe makes 25 ml (1 cup) of sauce. THE CANADIAN PRESS H/O

How great would the fresh taste of summer be in the dead of winter? Simply prepare this easy strawberry sauce, then come the cold season you can thaw.

Of course it's perfect for serving over ice cream, yogurt or a simple cake. There is even a savoury version that's ideal with pork or chicken.

1. In a food processor, puree berries, sugar, water and lemon juice until smooth.

2. Turn into a medium saucepan. Simmer over medium heat, stirring occasionally, until sugar is completely dissolved and sauce is slightly translucent, about 3 minutes. Let cool; freeze in an airtight container. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 500 ml (2 cups) sliced locally grown strawberries
- 45 ml (3 tbsp) granulated sugar
- 30 ml (2 tbsp) water
- 10 ml (2 tsp) lemon juice

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SPORTS 4

Mobile sports

Zsofia Balazs once saw a fish eat another fish while she swam an open-water race. Richard Weinberger spent much of a river race in Mexico wondering where the crocodiles were lurking. Canada's marathon swimmers at the Olympics both admit their sport's wild environments can make them feel uneasy. Scan the code for the story.

Winning close to home

Aleksandra Wozniak of Canada returns to Jelena Jankovic of Serbia during Round 2 of the Rogers Cup at the Uniprix Stadium in Montreal on Thursday. The 25-year-old from Blainville, Que., downed the former world No. 1 Jankovic 6-2, 6-3/ 515 PHOTO CREDIT

Riders expected to divide Week 7 kicking duties

CFL. Chamblin changing things up to stop the bleeding after two-straight losses

Chris Milo will be sharing his punting and placekicking duties with a CFL veteran Friday night in Edmonton.

The struggling Saskatchewan Roughriders have added Sandro DeAngelis to their lineup as they look to turn things around with a win over the Eskimos.

The Roughriders, who are coming off a bye week, opened the season with three straight victories, then suffered consecutive losses to the Stampeders and Tiger-Cats. In both of those games, the Riders took seemingly comfortable leads into the fourth quarter.

This dramatic reversal of fortunes is not being pinned entirely on Milo, but the arrival of DeAngelis earlier in the week shows dissatisfaction with at least a portion of Milo's game. He is averaging nearly 47 yards per punt, but his placekicking has been a disturbing 11-for-17.

Milo seemed uncertain on Thursday as to how Saskatchewan head coach Corey Chamblin plans to deploy DeAngelis in Edmonton. He is expecting to find out at game time, he said.

DeAngelis, however, said he will be handling the placements.

"There's not many that do all three in this league," Milo said, citing Paul McCallum of the B.C. Lions as the notable exception. "It takes a load off, for sure. But you still have to go out there and perform and do your job."

THE CANADIAN PRESS

Quoted

"If there's any big kicks that need to be made, I'm looking forward to doing it."

Sandro DeAngelis

MARQUEE MATCHUP NOT UP TO HYPE

Former all-star placekicker turns up at Roughrider camp; Argos-Lions game not the elite matchup promoters would have you believe; and the Bombers first-quarter shortcomings in line with headache season

CFL EXTRA POINTS
Dan Toth
Regina@metronews.ca

Saskatchewan Roughriders: We posed the question a couple of weeks ago about the future of former all-star placekicker Sandro DeAngelis, who had seemingly been booted from the collective conscience of CFL teams.

His appearance this week in Roughriders camp reinforces the notion that teams are willing to provide second and third chances for players of his calibre. The former Most Outstanding Canadian of the 2008 Grey Cup has bounced from Calgary to Hamilton and then Montreal, but could find a home in Regina where he is reunited with former Calgary coaches Corey Chamblin and Craig Dickenson.

Toronto Argos: The faithful CFL promoters at TSN were pumping the Argos-Lions game last week as a "battle of the league's top teams" but that's just not the case.

The Argos, now 3-3, could just as easily be 1-5 (or winless?) entering their bye week. Even with Ricky Ray running the offence the team has sometimes struggled moving the ball, including three interceptions last week. Some games it seems Ray has neither the receiving corps he requires, nor the offensive line to provide him with time for plays to develop.

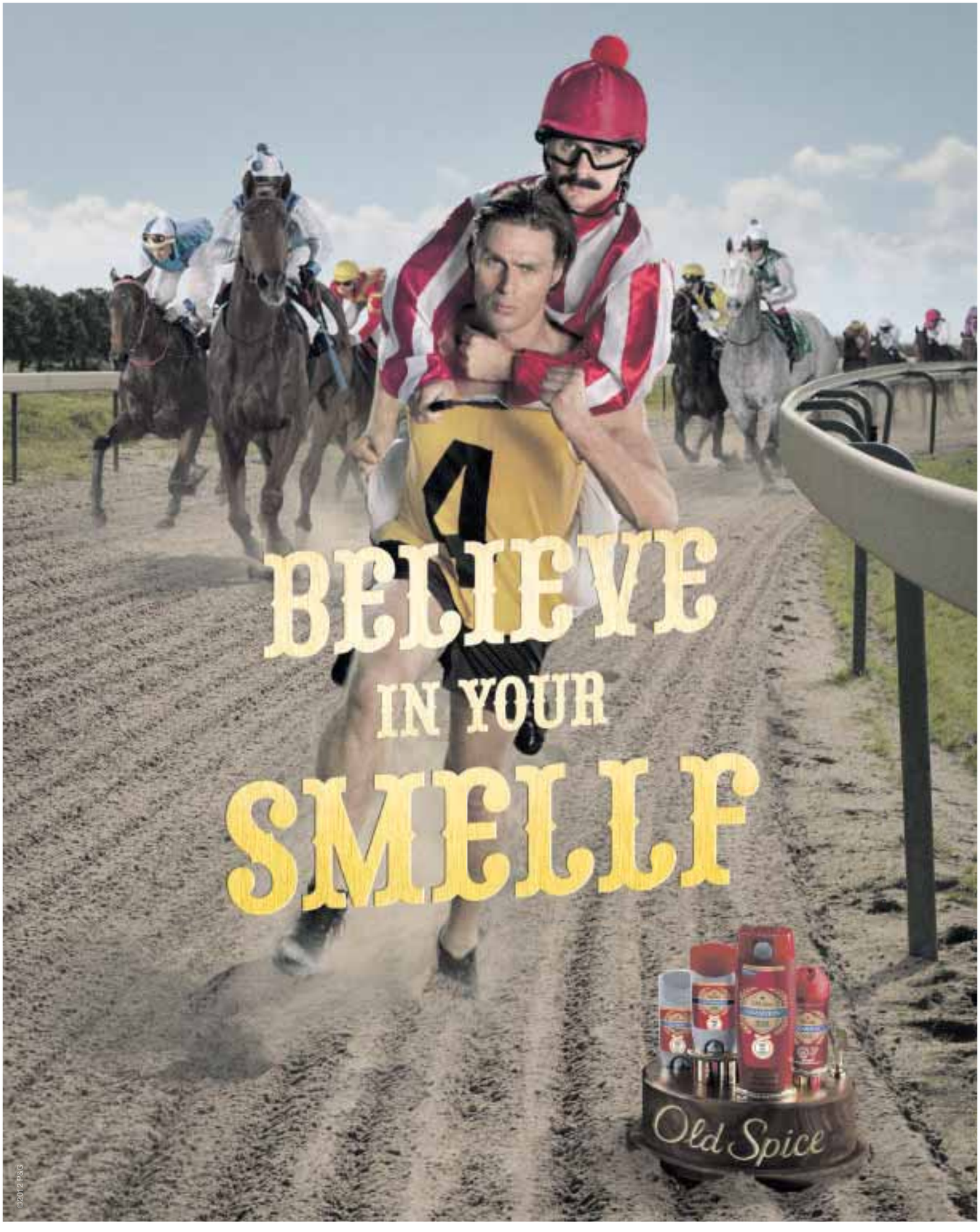
B.C. Lions: The Lions continue adding to the argument that they possess the CFL's best defence. Last week's defensive shutout of the Toronto Argos, with flashy performances from newcomers Byron Parker and Lin-J Shell, just re-enforced their status as the CFL's nastiest D. B.C. forced four turnovers and didn't allow a touchdown for the second straight game.

Edmonton Eskimos: All-star slotback Fred Stamps hasn't enjoyed a great start to the 2012 season, but he's slowly inching his way up the team's all-time leading receiver's list. With four grabs for 91 yards last week, Stamps eclipsed the 5,000 career yard mark and could join the Esks elite top-10 group with 51 yards Friday night against Saskatchewan.

Saskatchewan Roughriders: We posed the question a couple of weeks ago about the future of former all-star placekicker Sandro DeAngelis, who had seemingly been booted from the collective conscience of CFL teams.

His appearance this week in Roughriders camp reinforces the notion that teams are willing to provide second and third chances for players of his calibre. The former Most Outstanding Canadian of the 2008 Grey Cup has bounced from Calgary to Hamilton and then Montreal, but could find a home in Regina where he is reunited with former Calgary coaches Corey Chamblin and Craig Dickenson.

Winnipeg Blue Bombers: It's been well documented that the hapless Bombers are faced with endless headaches this season, from a new stadium that wasn't completed on time, to another maddening injury to star QB Buck Pierce. But worst of all is an inability to get ready for the start of games, and that has to rest with head coach Paul LaPolice.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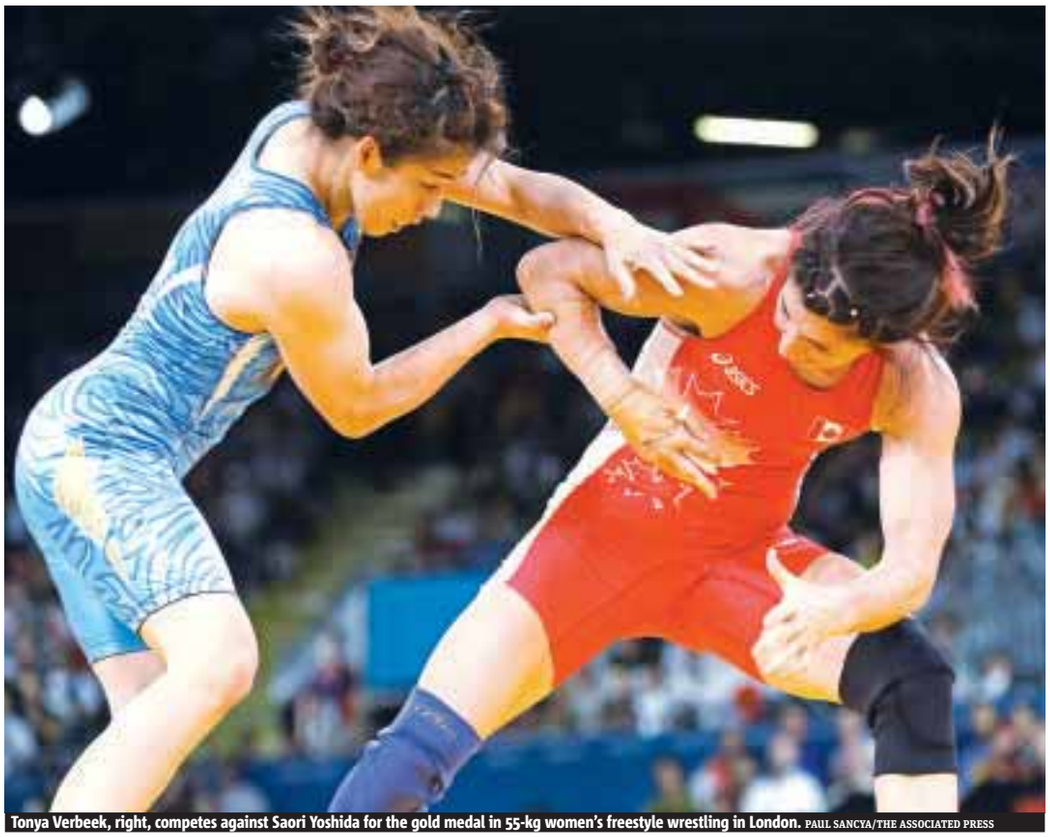


Tonya Verbeek, right, competes against Saori Yoshida for the gold medal in 55-kg women's freestyle wrestling in London. PAUL SANCYA/THE ASSOCIATED PRESS

Verbeek takes silver with a smile

Wrestling. 'That's just the way it goes,' says Thorold, Ont., native after loss to Japan's Yoshida

Quoted

"I really did feel good out there, I was enjoying it. I was soaking it all up. The stadium was incredible"

Tonya Verbeek on her final Olympic bout

Canadian freestyle wrestler Tonya Verbeek had been in this situation before.

She wrestled for gold in her Olympic debut at the 2004 Games in Athens and was devastated when she came up short. While Verbeek settled for second place again in London, rarely has a silver medallist seemed so happy after a loss.

"I promised myself that leading in to this Olympics, that I'm going to give my everything and the result will take care of itself," Verbeek said. "You have to embrace that."

She seemed at peace as she walked to the mat for Thursday's final against Olympic champion Saori Yoshida, who has simply dominated the 55-kilogram division over the last decade.

Verbeek looked around the packed ExCeL London North Arena 2 venue as the crowd buzzed with excitement. This would be her final Olympic bout and win or lose, she was going to take in the moment.

Yoshida had the backing of the pro-Japanese crowd and there was a roar when she scored a three-point takedown in the first round. She outscored Verbeek again in the second round to win her third straight Olympic title.

It was Canada's second women's freestyle wrestling medal of the Games after B.C.'s Carol Huynh won bronze in the 48-kilo division on Wednesday.

Verbeek has yet to beat Yoshida in nine career meetings. The 29-year-old Japanese star has won the world title at 55 kilos nine of the last 10 years. THE CANADIAN PRESS

U.S. runner finishes relay with broken leg

Manteo Mitchell heard the POP! and knew it wasn't good. "It felt like somebody literally just snapped my leg in half," he said.

The American sprinter had half a lap to go in the first leg of the 4x400-metre relay preliminaries Thursday and a choice to make: Keep running or stop and lose the race. To him, it was never much of a choice.

He finished the lap and limped to the side to watch the Americans finish the race and qualify easily for the final. A few hours later, doctors confirmed what he suspected: He had run the last 200 metres with a broken left fibula.

"I heard it and I felt it," Mitchell told The Associated Press. "But I figured it's what almost any person would've done in that situation."

Mitchell finished his heat in 46.1 seconds, and the United States tied the Bahamas in the second heat in two minutes, 58.87 seconds — the fastest time ever run in the first round of the relay at the Olympics.

Quoted

"Faith, focus, finish. Faith, focus, finish. That's the only thing I could say to myself."

U.S. runner Manteo Mitchell

The 25-year-old sprinter said he was diagnosed with a complete break of the left fibula — but it was not a compound fracture and the bone is expected to heal on its own in four to six weeks.

He knew what the stakes were when he lined up to run the first leg of his first Olympics. The Americans have won gold in the last eight long relays they've entered at the Olympics.

"Even though track is an individual sport, you've got three guys depending on you, the whole world watching you," Mitchell said. "You don't want to let anyone down." THE ASSOCIATED PRESS

Manteo Mitchell of the United States and Gustavo Cuesta of Dominican Republic run in the 4x400 relay heats on Thursday. FENG LI/GETTY IMAGES

United States' Abby Wambach celebrates against Japan Thursday in London. THE ASSOCIATED PRESS

U.S. get revenge against Japan

The U.S. women's football team won its third straight Olympic gold medal Thursday, beating Japan 2-1 in a rematch of last year's World Cup final and avenging the most painful loss in its history.

Carli Lloyd scored early in both halves, Solo leaped and dived to make saves, and the entire roster found the redemption it had been seeking since that penalty kick shootout loss in Germany last summer.

Yuki Ogimi answered for Japan in the 63rd minute

Before 80,203 at Wembley Stadium, a record crowd for a women's football game at the Olympics, the teams put on a back-and-forth, don't-turn-your-head football showcase, proving again that these are the two premier teams in the world. Women's football is still in its formative stages in Britain, but the match proved more than worthy for the hallowed grounds of the beautiful game.

The U.S. team has won four of the five Olympic titles since women's football was introduced at the 1996 Atlanta Games, settling for mere silver at the 2000 Games in Sydney. THE ASSOCIATED PRESS

Diving

Benfeito flubs her 'most stable' dive

It's a moment that Meaghan Benfeito says will "haunt me forever."

After finishing second in the semifinals, the Montreal native flubbed her first dive in the final of the women's 10-metre platform event at the London Olympics on Thursday.

She was never able to recover from the miss and ended up finishing 11th.

"It's going to be a while before I get over it because it's a dive I'm capable of doing extremely well," said Benfeito, who scored a dismal 49.5 on her forward 3 1/2 somersault.

"It's my most stable dive, my best, the one in which I have the most confidence. That's why it hurts. In practice, before the final, I was doing it well. I was ready to dive — maybe a bit too much, I think." THE CANADIAN PRESS

Meaghan Benfeito reacts Thursday in the women's 10-metre platform final. THE CANADIAN PRESS

Usain Bolt once again lives up to 'living legend' claim

Track and field. Jamaican speedster repeats as 200-metre champion while his country sweeps medals

Usain Bolt celebrates winning gold in the men's 200-metre final on Thursday in London, England. STU FORSTER/GETTY IMAGES

Usain Bolt backed up his billing as a "living legend" by winning the Olympic 200 metres and becoming the first athlete to repeat as double Olympic sprint champion.

"Bask in my glory," Bolt boasted. "I've got nothing left to prove."

Undaunted by the first world record of the Olympic track meet run by 800-metre winner David Rudisha less than an hour before the 200 final, Bolt was not about to be upstaged by anyone.

He dominated his favourite event almost from the starting gun and had enough of a lead to slow down at the line, bring his left index finger to his mouth and signal a "sssshhh" that was broadcast around the globe.

It should certainly silence the critics who claimed he was out of form ahead of the Olympics after losses to Blake at the Jamaican trials.

"That was for all the people that doubted me," Bolt said. "I was just telling them, 'You can stop talking now because I am a legend.'"

But he didn't stand a chance of hushing the 80,000-capacity crowd at the Olympic Stadium, which went wild as Bolt delivered on his promise of winning when it counts most.

They knew they were witness to something unique.

"I've done something that no one has done before, which is defend my double title," Bolt said. "Back-to-back for me, I would say I'm the greatest."

His 19.32-second winning time was just .02 seconds outside his winning mark at the Beijing Olympics.

Just like Sunday's victory in the 100, his junior training partner Yohan Blake stayed closest, and Warren Weir made it a full Jamaican medal sweep before Wallace Spearmon of the United States crossed in fourth place.

Bolt kissed the track twice before striking his trademark "To the World" pose, pointing both his index fingers upward to show what he had achieved.

He can still make it six-for-six at two Olympics if he leads his nation to victory in the relay.

"It's all about the 4x100 now," Bolt said, "to have some fun and go out there and do our best."

His win in the 100 seemed to lighten his burden in his more favoured event.

He discarded the black woolen hat he wore before his races in the 100, which reflected his mood and the cold conditions.

Thursday's weather of 23 C and a shot at the double-double brought out the Bolt of old. Wearing a Jamaica-yellow cap backwards and joking with his kit volunteer, he made the prerace activities feel like a small-town Caribbean weekend track meet.

Next to him, Blake was all intensity and concentration. But it wasn't enough to upstage Bolt like he did at the Jamaican trials.

Jamaica's sweep in the 200 helped the Caribbean nation of 2.9 million people join Russia in second place on the gold medal standings with three apiece. THE ASSOCIATED PRESS

Quoted

"The guy is just on another planet right now."
Wallace Spearmon, of the U.S., on Usain Bolt

Crossing the finish line

19.32

Bolt's winning time in the 200-metre final — just .02 seconds slower than his winning mark at the Beijing Olympics.

Irish boxing star takes gold medal

Ireland's Katie Taylor, top, celebrates winning her fight against Russia's Sofya Ochigava in the women's 60 kg gold medal boxing match on Thursday in London. HASSAN AMMAR/THE ASSOCIATED PRESS

Tory Nyhaug. Canadian just misses making Olympic BMX semifinals

Canadian Tory Nyhaug, who sacrificed his spleen for his sport just two months ago, missed out on the semifinals of the rough-and-tumble sport of Olympic BMX racing by a single point Thursday.

The 20-year-old from Coquitlam, B.C., won his fifth and final run to finish with 19 points. But Latvian Rihards Veide finished right behind him to push his total to 20 points and become the fourth and last rider out of their eight-man heat to advance.

"I have no regrets and I fought right 'til the end. I have to be proud of myself."

Nyhaug finished third, seventh, sixth, third and first in his five runs, while the Latvian was sixth, fourth, third, fourth and second.

The 32-man field was divided into four heats of eight riders apiece for the quarterfinals, held under a burning sun. Four riders from each group eventually moved on.

Between heats, a DJ played music for the crowd and talked up the "redonkulous" riders.

BMX (from bicycle motocross) made its Olympic debut four years ago in Beijing. THE CANADIAN PRESS

Quoted

"The racing was crazy and everyone's going fast. I had a lot of fun but it's pretty disappointing not to make it through." Tory Nyhaug

With a time of 1:57.38.2

Hungary's Risztov wins open water race

After nearly two hours of racing around The Serpentine lake, it came down to a furious sprint to the finish. Eva Risztov got there first, by a hand.

The Hungarian swimmer led most of the way in the gruelling Olympic open water marathon at Hyde Park on Thursday, holding off a desperate bid to chase her down by American Haley Anderson.

Risztov reached up with her right hand to touch the timing pad in one hour 57 minutes 38.2 seconds. She climbed out of the water, smiling and looking fresh as can be, even flexing her muscle for the big crowd.

Toronto's Zsofia Balazs, the lone Canadian in the event, finished 18th in 2:01:17.8. THE ASSOCIATED PRESS

Mark de Jonge savours Olympic trip after injury

Kayaker. Broke middle finger just three weeks ahead of Canadian Olympic trials at Lake Lanier, Ga.

Not many of us exercise with an 80-lb dumbbell. Even fewer drop one on their finger and still make it to the Olympics.

Perhaps only Mark de Jonge can lay claim to both.

Restored to health, the muscular 28-year-old from Halifax opens his Olympic campaign on Friday in the K-1 200-metre heats.

His Olympic dream seemed over in mid-April when he broke the middle finger of his left hand. He was doing a dumbbell bench press on one side when he lost his balance.

"It was kind of a freak accident," he said. "I've done (that exercise) so many times before."

He put his hand down on the ground for balance, having to throw the weight away to do so. Unfortunately it did not go as far as he had planned.

One side of the dumbbell hit the ground. The other smashed his hand.

Quoted

"It made me wake up every day thinking 'OK, I need to do everything that I can to get faster today.' And that's kind of stayed with me on the water now too."

Canadian kayaker, Mark de Jonge

The good news was that it was a small break and the bone wasn't displaced.

But at the time — the accident during a training camp in Indian Harbour Beach, Fla. — he feared missing out on London.

He remembers waiting for the X-rays fervently hoping his hand was just bruised.

"The doctor just came in and bluntly said 'Yup, you won't be paddling for six to eight weeks.' I just sank down into the chair. But I had a whole bunch of people looking after me ... Just knowing that there was so many people that were the best at what they do, all behind me, gave me a lot of confidence going through that."

THE CANADIAN PRESS

Halifax's Mark de Jonge. JEFF HARPER/METRO IN HALIFAX

Taking the battle to the air

Brazil's Diogo Silva, right, fights Iran's Mohammad Bagheri Motamed during their semifinal round match in men's 68-kg taekwondo competition on Thursday. Silva won the match but lost to Terrence Jennings of the U.S. for the bronze medal later in the day.

NG HAN GUAN/THE ASSOCIATED PRESS

3 to watch this weekend

Synchronized swimming

Canada will look to nudge its way onto the podium in the team synchronized swimming competition. The Canadians were fourth after Thursday's technical routine.

Time: 8 a.m., Friday
Channel: Sportsnet

Men's 4x100-metre relay

Usain Bolt has left Jamaican teammate Yohan Blake to settle for silver in the 100-and-200-metre sprints. Now the pair will team up in the 4x100 relay to try to cement Jamaica's status as the fastest country in the world.

Time: 2 p.m., Saturday
Channel: CTV

Men's basketball

It's a battle for world supremacy. The U.S., Argentina, Russia or Spain will take home gold. Suffice it to say, if it's not LeBron James and the rest of his NBA-stacked team, it will be a huge disappointment in the States.

Time: 4 a.m. (bronze), 8 a.m. (gold), Sunday.
Channel: CTV

Equestrian

Officials stand by decision to DQ Canadian rider

The head of equestrian's world governing body is defending the decision to disqualify a Canadian rider's horse at the London Olympics.

Tiffany Foster's horse Victor was found to have hypersensitivity in his left front leg due to a small scratch shortly before Sunday's team competition.

While Canadian officials have argued Victor was fit to compete, FEI secretary general Ingmar De Vos said he believes disqualification was the right decision.

"Disqualification of an athlete will always spark speculation, but in the case of Tiffany Foster's horse Victor the protocol established very clearly that this was an obvious case of hypersensitivity," De Vos said in a statement Thursday.

"This was a unanimous decision, supported by four highly qualified veterinarians who specialize in testing for hypersensitivity using a system that has been monitoring FEI competitions since 2005."

Canada's appeal of the decision was denied and a devastated Foster was knocked out of the London Games, enraging her teammates.

THE CANADIAN PRESS

Day 13 results

MEDAL STANDINGS

238 of 302 total medal events

Nation	G	S	B	Tot
United States	39	25	26	90
China	37	24	19	80
Russia	12	21	23	56
Britain	25	13	14	52
Germany	10	16	11	37
Japan	5	14	14	33
France	8	9	12	29
Australia	6	13	10	29
South Korea	12	7	6	25
Italy	7	6	6	19
Netherlands	5	5	6	16
Canada	**1**	**5**	**10**	**16**
Hungary	8	4	3	15
Spain	2	7	2	11
Brazil	2	2	7	11
Belarus	3	3	4	10
New Zealand	3	2	5	10
Ukraine	3	1	6	10
Kazakhstan	6	0	3	9
Iran	4	4	1	9
Jamaica	3	3	3	9
Romania	2	5	2	9
Denmark	2	4	3	9
Poland	2	1	6	9
Cuba	3	3	2	8
Czech Republic	2	3	3	8
Kenya	2	2	3	7
Sweden	1	3	3	7
Colombia	0	3	3	6
North Korea	4	0	1	5
South Africa	3	1	1	5
Mexico	0	3	2	5
Azerbaijan	0	2	3	5
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3
Dominican Republic	1	1	0	2
Ireland	1	0	1	2
Lithuania	1	0	1	2
Turkey	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Malaysia	0	1	1	2
Serbia	0	1	1	2
Taiwan	0	1	1	2
Thailand	0	1	1	2

WHAT CANADA DID

Thursday at the 2012 London Olympics

ATHLETICS

Men's decathlon — Damian Warner set a personal best score of 8,442 points to finish fifth overall in the event — five points out of fourth place.
Women's 800 — Jessica Smith, North Vancouver, B.C., failed to advanced after placing 22nd overall in the semifinals (2:01.90).
Women's javelin — Elizabeth Gleadle, Vancouver, was 12th in the final with a best throw of 58.78 metres.

CANOE/KAYAK

Women's kayak singles 500 — Emilie Fournel, Lachine, Que., finished sixth in the B-final with a time of 1:56.058.

CYCLING

Men's BMX — Tory Nyhaug of Coquitlam, B.C., finished fifth in his quarter-final heat and failed to advance.

DIVING

Women's 10-metre platform — Roseline Filion, Laval, Que., finished 10th in the final with a score of 349.10 points; Meaghan Benfito, Montreal, was 11th (345.15).

GYMNASTICS (RHYTHMIC)

Team — Canada (Katrina Cameron, Mississauga, Ont.; Rose Cossar, Anastasiya Muntyanu and Anjelika Reznik, all Toronto; Alexandra Landry, Ajax, Ont.; and Kelsey Titmarsh, Thornhill, Ont.) are 12th following the first rotation of qualifying with 24.050 points.

SOCCER

Women — Canada won the bronze medal with a 1-0 victory over France. Midfielder Diana Matheson of Oakville, Ont., scored the game's lone goal over a minute into injury time to secure the Canadians spot on the podium.

SWIMMING

Women's 10-kilometre marathon — Zsofia Balazs, Toronto, finished 18th with a time of 2:01:17.8.

SYNCHRONIZED SWIMMING

Team — Canada (Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que.; Jo-Annie Fortin, Montreal; Chloe Isaac, Brossard, Que.; Stephanie Leclair, Gatineau, Que.; Tracy Little, Pointe-Claire, Que.; Elise Marcotte, Quebec City; Karine Thomas, Gatineau, Que.; Valerie Welsh, Saint-Nicolas, Que.; and Stephanie Durocher, Repentigny, Que.), finished in fourth in the event with a score of 94.400.

WRESTLING

Women's 55-kilogram freestyle — Tonya Verbeek, Thorold, Ont., won a silver medal after losing to Japan's Saori Yoshida 3-0, 2-0, (points) in the gold-medal match.
Women's 72-kg freestyle — Leah Callahan, Calgary, was eliminated after losing in the quarter-finals to Burmaa Ochirbat of Mongolia, 3-0, 5-0 (points).

SOCCER

WOMEN

BRONZE MEDAL MATCH
Thursday, Aug. 9
At Coventry, England
Canada 1, France 0
GOLD MEDAL MATCH
Thursday, Aug. 9
At Wembley, England
United States 2, Japan 1

CANADA 1, FRANCE 0

Canada	**0**	**1**	**—1**
France	**0**	**0**	**—0**

First Half—None.
Second Half—1, Canada, D.Matheson, 90+2.
Yellow Cards—C.Abily, France, 90.
Red Cards—None.
Referee—Jenny Palmqvist, Sweden. **Assistant Referees**—Anna Nystrom, Sweden; Helen Karo, Sweden. **Fourth Official**—Quetzalli Alvarado, Mexico.

MEN

BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Thursday, Aug. 9
SEMIFINALS
United States 86, Australia 73
France 81, Russia 64
BRONZE MEDAL GAME
Saturday, Aug. 11
Australia vs. Russia, Noon
GOLD MEDAL GAME
United States vs. France, 4 p.m.

MEN

Friday, Aug. 10
Semifinals
Russia vs. Spain, Noon
Argentina vs. United States, 4 p.m.
Sunday, Aug. 12
Bronze Medal, 6 a.m.
Gold Medal, 10 a.m.

Horoscopes

♈ Aries
March 21 - April 20
Today, you will be even more daring and adventurous than you usually are. Trust that fate is on your side (it is) and that if you take the occasional calculated risk, it is more likely than not to pay off.

♉ Taurus
April 21 - May 21
Try not to make life too complicated, especially on the home front where loved ones will happily go along with your plans so long as they feel they are a part of them. If they're not, why not?

♊ Gemini
May 22 - June 21
You should find it easier to be more outgoing and expressive now that both the Sun and Mercury, your ruler, are moving in your favour. Your social life is about to get even busier and you will profit from new friendships.

♋ Cancer
June 22 - July 23
Life has been quite exhausting of late and you could do with a rest. So take one. It does not matter that other people think you should be running here, there and everywhere. Tell them to get lost.

♌ Leo
July 24 - Aug. 23
Your mind is now clear enough to see that whatever successes you have in the future will come from the decisions and the efforts you make today, tomorrow and over the next few weeks. So get moving.

♍ Virgo
Aug. 24 - Sept. 23
You may be eager to push ahead with certain ideas but the planets urge you to slow down a bit. You cannot possibly do all the things you would like to do, so be selective. Difficult choices are called for.

♎ Libra
Sept. 24 - Oct. 23
With the Sun moving through the area of your chart that governs friendships, you will see how necessary it is to forge alliances with like-minded people. Together you can do something special.

♏ Scorpio
Oct. 24 - Nov. 22
Certain people are taking you for granted and it's got to stop. That applies especially to your work and career where it seems you are not getting the recognition you deserve. Do something to get yourself noticed today.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's move through one of the more outspoken areas of your chart means you'll let everyone know what you think about what's going on in the world. Some will be offended but all will admire your willingness to speak out.

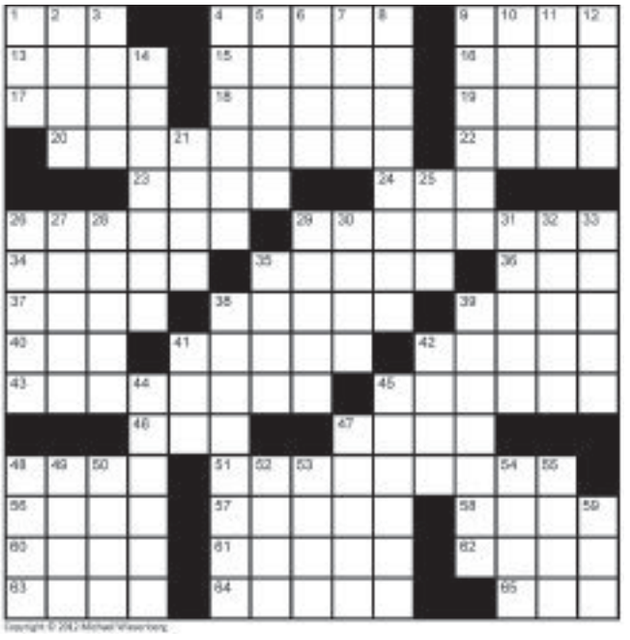
♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Leo at this time of year helps you to look inside yourself and focus on issues you usually prefer to ignore. Don't be afraid to face your demons — chances are they don't really exist.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in your opposite sign will help you see things not only from your point of view but also from the point of view of others. Their worldview is not so very different to your own.

♓ Pisces
Feb. 20 - March 20
Listen to what your body is telling you today and if it tells you to slow down or not do so much, don't be a fool and ignore it. It's important that you keep physically and mentally fit. SALLY BROMPTON

Crossword: Geography

BY MICHAEL WIESENBERG



Across
1. Bon ___: witticism
4. 24-hour cable news channel
9. Seep
13. BC's Moody or Ontario's Arthur (cities)
15. "Don't try to be ___": "Stay out of it or you'll get hurt" (2 wds.)
16. Odin's eldest
17. "Scat!"
18. Clothing size indicator
19. Chisel or hammer
20. Ontario Shakespeare Festival home
22. "Alas!" (2 wds.)
23. Brief memorial column
24. Day's coolest temperature
26. 12-step-program support group
29. BC's fruit-producing valley
34. God
35. "What ___ About You": The Romantics hit (2 wds.)
36. Dashboard distance gauge, shortly
37. "The Biggest Little City in the World"
38. Confuse
39. Car top
40. Bill from 1-Down
41. Iron alloy
42. Mystery or romance
43. BC ski resort
45. "Wait ___ what happens": "Be patient" (2 wds.)
46. "___ Lazy River" (2 wds.)
47. (Just) slightly (2 wds.)
48. Exit or entrance
51. Part of NWT
56. Mideast ruler
57. *Survivor* group
58. Great Lake
60. Daily Planet reporter Lois
61. "What a piece of work ___!": *Hamlet* (2 wds.)
62. Knocks
63. Black
64. Expenses
65. Tupolev Tu-144, for one

Down
1. Canadian pols
2. ___ and aahs
3. Slow gait
4. Movie critic/historian Leonard
5. Arrow part
6. Mount from which Moses viewed the Promised Land (BONE anagram)
7. Uncle Remus character ___ Rabbit
8. NE Alberta city named for nearby body of (chilly) water (2 wds.)
9. Parliament's home
10. "Don't look now, but..." (2 wds.)
11. Camcorder feature
12. Mystery's ___ Stanley Gardner
14. Canada's largest city
21. "It's ___!": birth announcement (2 wds.)
25. Single
26. "Call it ___": there's no winner (2 wds.)
27. Parasite
28. "___ a stinker?": Bugs Bunny line (2 wds.)
29. "___ and wiser"
30. Murder
31. Gangland thugs
32. Worship
33. "Payment not required" (2 wds.)
35. ___ fixe: obsession
38. East Coast ocean
39. Alberta's third-largest municipality (2 wds.)
41. Oil or gas additive
42. Chew a bone
44. BC's second-largest city by population
45. Greek capital
47. Ready to hit the baseball (2 wds.)
48. Bagels and lox seller
49. Muscat's state
50. Pig sound
52. Approximately (2 wds.)
53. Brinks
54. Ladies of Spain: abbr.
55. What cabbies and waiters live on
59. 9-Down time

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		4		3		6	
2			5		1			9
	8			9			2	
		6				3		
4	1						5	6
		8				7		
	3			6			1	
6			9		8			7
	4		3		2		8	

Yesterday's Sudoku

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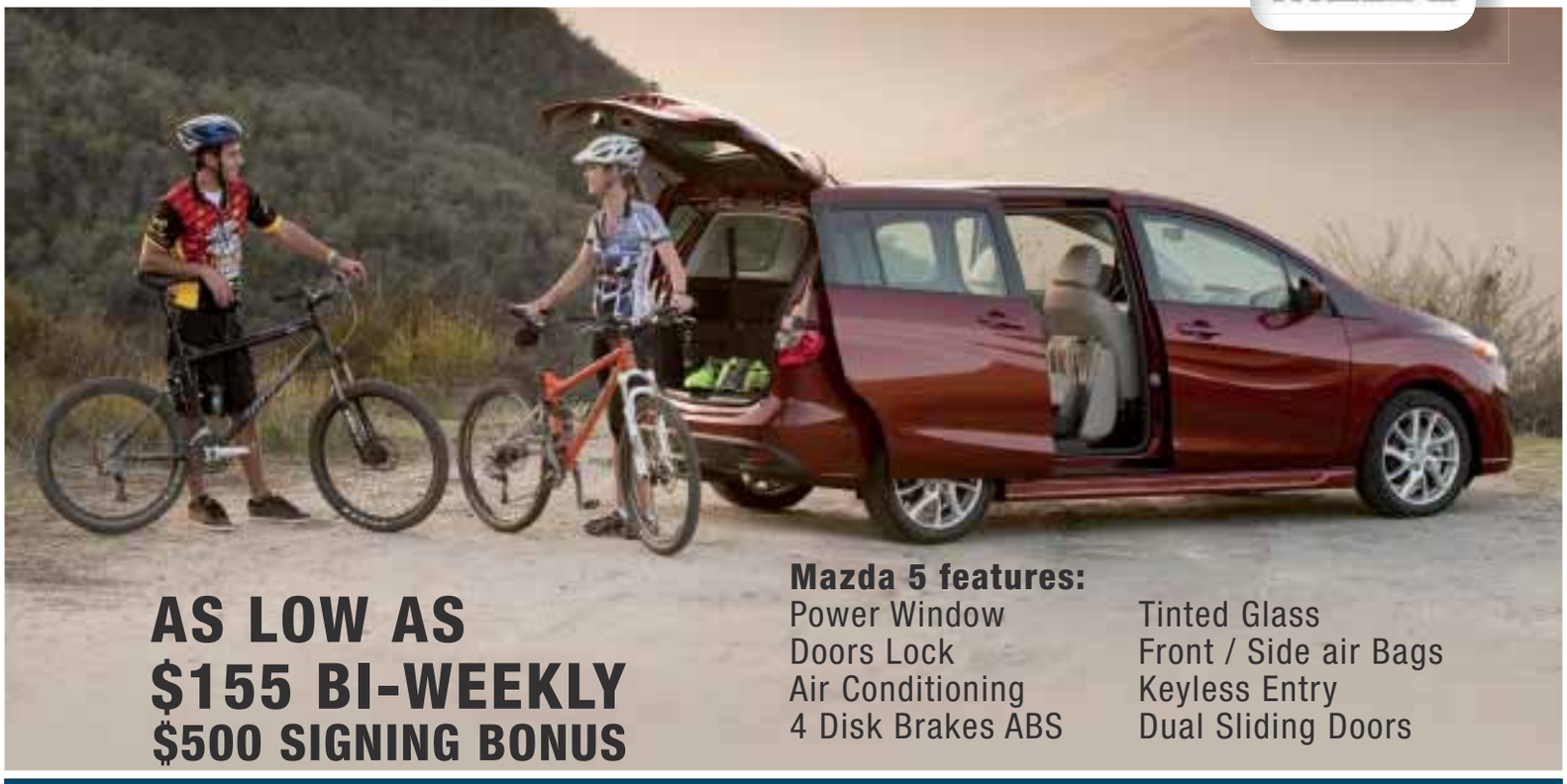

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